



JaxAir News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE

SECNAV reminder to vote

From the Secretary of the Navy

Since Operation Enduring Freedom began, our men and women in uniform have performed magnificently in the struggle against world terrorism. Your valor, on the battlefield and off, at sea and in the air and at military installations across the world inspire all those who cherish freedom.

On Nov. 5, Americans will exercise a sacred right for which so many heroes past and present have sacrificed since this nation's founding, the right to vote. To those who protect and defend this precious right, I ask that every sailor and marine take the time to vote in this year's elections.

Choosing who we wish to govern our nation is something our enemies find particularly threatening. One way to show them they will not succeed is for every eligible American to vote this year. If you can vote. If you are not registered, please do so. If you need assistance, contact your commanding officer or command's voting officer.

The right to vote is one of those precious things we enjoy as Americans. History tells us that for freedoms to continue, they must be exercised. By voting you will be sending terrorist a special message: America will not be intimidated.

Navy College Learning Center closure

The Navy College Learning Center will be open tomorrow from 9 a.m. until 1 p.m. The center will be closed on Saturday, due to the Air Show.

All Saint's Day

A Holy Day of Obligation for the Roman Catholic Church will be celebrated with Mass tomorrow at 11:30 a.m. in St. Edward's Chapel. On this day the church also honors the lives of all deceased who share their lives with God.

Two star takes helm

Brown relieves Gaudio as Commander, Navy Region Southeast

By Staff

Rear Adm. Jan Gaudio was relieved as Commander, Navy Region Southeast (CNRSE) by Rear Adm. Annette Brown in a ceremony held on Tuesday at NAS Jacksonville. Vice Adm. Albert Konetzni, Jr., deputy

and chief of staff, U.S. Atlantic Fleet was the guest speaker. Brown comes to CNRSE after a tour of duty as assistant commander, Navy Personnel Command (Personnel Readiness and Community Support), Millington, Tenn. Brown, a native of Los

Angeles, Calif., completed Navy Officer Candidate School and was commissioned an ensign in 1974, following graduation from Virginia Polytechnic Institute and State University with a bachelor's degree in business management. She also holds a master's degree in business management from the Naval Postgraduate School.

Her initial assignment was at the U.S. Air Facility, Sigonella, Sicily. Following an assignment with Commander-in-Chief, U.S. Pacific Fleet she volunteered for the Women-at-Sea program, and was assigned to USS Prairie (AD 15) as Operations officer and navigator – ultimately qualifying as a Surface Warfare Officer.

From 1982 to 1984, Brown served on the staff of Commander, Navy Surface Forces Pacific. Her next three tours were with the Military Sealift Command (MSC). After serving with MSC in San Diego, and Washington, D.C., she



Photo by Miriam S. Gallet
Vice Adm. Albert Konetzni, Jr. presents Rear Adm. Jan Gaudio with his second Legion of Merit award for his exceptional leadership of CNRSE.

served as com-manding officer, MSCO Bremerhaven, Germany, directing the shipment of U.S. Army vehicles and equipment

through northern European ports in support of Desert Shield and Desert Storm.

See CHANGE, Page 5



Photo by Miriam S. Gallet
Rear Adm. Annette Brown reads her orders during the Change of Command ceremony.

Sea & Sky Spectacular 2002

A weekend of excitement for all



Special

Scott Shockley and his amazing Super Shockwave Jet Truck is just one of the many features of Sea & Sky Spectacular 2002 this weekend.

Schedule of events

Jacksonville Landing schedule

Today

- 9 a.m. – The Jacksonville Landing and static displays open
- 9 a.m. – Ships open for school group tours only
- 11 a.m. – Navy Band Southeast Concert
- 11 a.m. – Ships close for tours
- 11:30 a.m. – Sandalwood H.S. ROTC Drill Team

- Noon – Opening ceremonies; includes All-Service Color Guard
- 12:10 p.m. – Apache helicopter flyover
- 12:40 p.m. – Search and Rescue demonstration (Seahawk helicopter)

- 1 p.m. – Ships open for school group tours only
- 1:10 p.m. – LCAC operation demonstration
- 1:10 p.m. – Sandalwood H.S. ROTC Drill Team

- 1:25 p.m. – EOD Gun Battle & SEAL Boat Hot Extraction
- Tomorrow**
- 9 a.m. – The Jacksonville Landing and static displays open
- 9 a.m. – Ships open for school group tours only

- 10:15 a.m. – Search and Rescue demonstration (Seahawk helicopter)
- 10:45 a.m. – LCAC operation demonstration

- 11 a.m. – EOD Gun Battle
- 11 a.m. – Ships close for tours
- 11:35 a.m. – SEAL Boat Hot Extraction
- 1 p.m. – Ships open for school group tours only
- 5 p.m. – Ship tours end

Saturday

Closed due to Florida/Georgia Game

Sunday

- 9 a.m. – The Jacksonville Landing and static displays open
- 10 a.m. – Ships open for school group tours only
- 1 p.m. – Search and Rescue demonstration (Seahawk helicopter)

- 1:10 p.m. – LCAC operation demonstration
- 1:25 p.m. – EOD Gun Battle & SEAL Boat Hot Extraction

Ships/boats visiting downtown Jacksonville

- Navy Guided Missile Frigate USS Halyburton (FFG 40)
- Coast Guard Coastal Mine Hunter USS Osprey (MHC 51)
- Coast Guard Coastal Patrol Craft USS Thunderbolt (PC 12)

NAS Jax schedule

Saturday and Sunday

- Gates open at 9 a.m.
- Air Show starts at 10 a.m.
- Long shows**
- "Seize the Air Field" – Noon (30-minute show)

- Blue Angels – 2:30 p.m. (60-minute show)
- Air Show ends at 3:30 p.m.
- List of scheduled performers (subject to change without notice)**
- United Kingdom "Red Devils Parachute Team"
- P-3 Orion, S-3 Viking, and F-14 Tomcat flight demonstrations
- Sean Tucker in the Oracle Challenger
- U.S. Air Force F-15 Eagle, F-16 Fighting Falcon,
- U.S. Air Force Heritage Fly-By (includes F-15 Eagle, F-16 Fighting Falcon, F-86 Sabrejet, and P-51 Mustang)
- U.S. Marine Corps Air/Ground Task Force "Seize the Airfield" Combat Power demonstration
- Manfred Radius in his Salto Sailplane
- Super Shockwave Jet Truck
- Showcopters Flight Demonstration Team
- Frank Ryder in the Oreck XL Aircraft
- Captain Snodgrass in his F-86 Sabrejet
- Chuck Lischer pilots his F-260 Warrior
- Chris Smisson and the AirshowUnlimited.com
- Lee Lauderback with his P-51
- Ian Groom in his FedEx Flyer (Sukoi 31)
- Fat Albert Jet Assisted Takeoff (JATO) launch
- The Blue Angels finish out the show with their daring aerial maneuvers.

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WEEKEND WEATHER

	FRIDAY 55/73 Few Clouds
	SATURDAY 50/68 CLEAR
	SUNDAY 44/68 CLEAR

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site:
<https://www.nlmof.navy.mil>

NAVY COLLEGE OFFICE NEWS

Navy announces 100 percent Tuition Assistance

From CNET

Following an in-depth review of historical, statistical and budgetary data, the Navy has announced it will immediately increase Tuition Assistance (TA) payments for off-duty voluntary education to 100 percent, a 25 percent increase from the assistance payments in years previous.

The increase is retroactive to Oct. 1, 2002 and covers Sailors who may have already registered for courses since Oct. 1.

Details are available in NavAdmin 349/02, with the subject line of Tuition Assistance Policy Change.

"We worked very hard to put together a good program to benefit our Sailors," said Vice Adm. Alfred Harms, Jr., Chief of Naval Education and Training. "We evaluated dozens of options in deciding how to build a program that rigorously supported our Sailor's opportunities to pursue their voluntary education goals. Part of the Navy's vision for our Sailors is that they have the opportunity for both professional and personal growth. We wanted to be sure we

crafted a program that would support as many Sailors as possible."

Harms said the designing of the new initiative was difficult because of the expense of the program, and the numbers of Sailors who may want to take college courses.

"I'm excited about what we are offering our Sailors," said Harms. "We are going to reach more Sailors than we have in prior years, and we are going to spend more money than we have in the past. It took us a while to craft a program that best supported the most Sailors, and I know this has been frustrating for some."

Tuition Assistance will cover 100 percent of all tuition and fees related to course enrollment, up to \$250 per semester hour.

Because of the increase in TA payments, and the heightened awareness within the Navy of the importance of education, the Navy is anticipating increased numbers of participants in voluntary education programs.

To spread the funding over the greatest number of Sailors, there will be a fiscal year funding limit of 12 semester hours (or equivalent) per individual.

The design of the new Navy TA program was a joint effort and included input from key leaders across the Navy.

Additionally, prior year statistics were analyzed and it was discovered that the vast majority of Sailors (less than five percent) never reached prior year caps, and most took less than 12 semester hours of course work.

"We tried to look at every possible angle to be as fair as we could, and support the greatest number of Sailors," said Harms. "At the same time, we wanted to make sure that this benefit was not viewed in isolation. Sailors should also take advantage of the other voluntary education programs such as free DANTES Standard Subject Testing and CLEP test."

Funding for active duty education can also be found through the Montgomery G.I. Bill and Veterans Education Assistance Program for those who are qualified for these programs.

For more information, visit the Navy College Web site at <https://www.navycollege.navy.mil/>.

Questions and answers about the new TA policy

From the Navy College Office

Guidance received on Oct. 18 changed the administration of the Navy's Tuition Assistance Program. The Navy will now fund tuition for Sailors at the rate of 100 percent up to \$250 per semester hour for a maximum of 12 semester hours per fiscal year.

The following should answer many questions for current and/or future students. For additional assistance, contact the Navy College Office at 542-2477/75 or visit the website: www.navycollege.navy.mil.

Q: What are my Tuition Assistance (TA) benefits?

A: Effective Oct. 1 the Navy began funding 100 percent of tuition and fees (max of \$250 per semester hour) for up to 12 semester hours per fiscal year. The \$250 per semester hour (or semester hour equivalent) payment applies only to tuition and fees related to course enrollment. It does not apply to books or other expenses. The 12-semester hour limit (per fiscal year) applies to all pay grades.

Q: Is this a reduction in benefits from last year?

A: Instead of paying only 75 percent of tuition costs, the new program now pays 100 percent of tuition and fees (up to \$250 per semester hour). The participants who choose take more than 12 semester hours in a given year will have increased benefits for the first 12 semester hours. However, they will not be able to continue using TA benefits for any additional hours and are encouraged to pursue various other programs for which they may be qualified, including NCPACE (if deployed), GI Bill, DANTES Standard Subject Tests (DSST), College Level Examination Program (CLEP), etc.

Q: What about service members who applied for TA prior to this NavAdmin and only received 75 percent TA? Will they be reimbursed for

the remaining 25 percent?

A: All Navy pay grades are eligible to receive 100 percent TA. Those who received 75 percent TA during the early October time frame will receive refunds of tuition money they spent up to the \$250 cap per semester hour.

Q: How will they receive their reimbursement?

A: Navy personnel should contact their local Navy College Office to receive a corrected TA voucher that may be taken to their academic institution for reimbursement.

Q: The Army, Air Force and Marine Corps are allowing their service members to use the \$4,500 yearly entitlement in accordance with DoD policy. Why has the Navy chosen to limit benefits?

A: We can not speak for the other services. Resource limitations prevent further expansion of the program, and the current plan will support Sailors at a higher benefit level than in years past.

Q: Can I use my Montgomery GI Bill (MGIB) benefits?

A: Yes. MGIB benefits can be used in two ways. First, MGIB can be used to fund coursework beyond the 12-semester hour limit supported by TA. Furthermore, if a class costs more than the new cap of \$250 per semester hour, eligible personnel can apply MGIB "Top Up" to cover the difference. "Top Up" will only pay for tuition, not fees or books.

Q: How else can I get more college credit without using TA?

A: CLEP and DSST are excellent ways to earn college credit (free of charge) by all service members. Additionally, the NCPACE program is available for Sailors at sea.

Q: The DoD memo in November 2001 publicized 100 percent TA and a \$4,500 annual entitlement for all service members. Why is the Navy policy in conflict with DoD?

A: At the time the DoD memo was

published, specific Navy guidance had not yet been developed. Although program funding has been significantly increased over years past, the Navy has a limited amount of resources to support TA in FY-03. However, with our TA program funding increase, we will be able to support more participants than in prior years, with increased benefits.

Q: If Navy personnel use fewer than 12-semester hours in FY-03, will their eligibility carry to the next fiscal year?

A: No. TA funding will not carry over from one FY to the next.

Q: What about vocational, continuing education, and non-college credit courses?

A: These courses are also covered under the new policy. The new policy will cover 180 clock hours or 18 Continuing Education Units (CEU's) per fiscal year.


Q: Why was the Navy TA policy promulgated so late?

A: Navy officials worked hard to evaluate all possible options for providing the best TA program possible. Many options were considered before agreeing on increased program funding to support an increased number of program participants with a 12-semester hour limit.

The Navy is strongly committed to providing a broad range of programs supporting individual growth and development for all Sailors while accomplishing our ongoing wartime mission.

Q: Will there be waivers to this policy?

A: Waivers will be considered in compelling circumstances and should be submitted through your chain of command. Waiver package requirements will be addressed in NavAdmin. Commander, Naval Education and Training Command will be the waiver approval authority.



Meet A Sailor...

AO2 SCOTT HEDTKE

Job title/command:
NAS Jax AIMD

Hometown: Minnetonka, Minn.


Family Life: Married with two children.

Past Duty Stations: VS-21 Atsugi, Japan

Career Plans: To get back to Japan.

Most Interesting Experience: Living in a foreign country for four years.

Words of Wisdom: Experience different locations.



Meet A Civilian...

ELENITA BAUTISTA

Job title/command:
Commissary Store Clerk

Hometown: Philippines

Family Life: Married with one child.

Past Duty Stations: NAS Cecil Field

Career Plans: To continue working at the commissary.

Most Interesting Experience: Meeting different people while working in the commissary.

Words of Wisdom: Approach every situation with a smile.

HEY MONEYMAN!

Hey, MoneyMan!

Do you know where I can find a good book or a guide for financial matters? Every month something comes up and I can never get ahead.

I believe all my buddies have the same problem. On paper it looks like I make a lot of money but somehow it disappears every single month!

MoneyMan Sez:

Keeping track of money is a problem that has been around for a long time. There are thousands of financial planning books out there. Most of them say the same thing, "to stay ahead you must spend less than you make every month."

Recently a new book by Ralph Nelson was released called The Savvy Sailor. This book has received great reviews and is unique because it is written specifically for military families.

In the forward of the book, retired Adm. Jerry Johnson, president of the Navy-Marine Corps Relief Society, noted, "It should be standard issue in every new Recruit's sea bag. If you know a young Sailor, this could be the most important present you ever give him."

Pretty strong endorsement from someone who knows about money. For more information on this book go to www.savvy.onweb.com.

HELPING HANDS

Florida/Georgia Weekend - Nov. 1 - 2

The Florida/Georgia activities include a variety of events such as a street festival, mini-museum, Hall of Fame banquet and others. Come out to assist with interactive games, merchandise tables, photo booth and other activities during the outdoor festival.

Volunteer shifts are available from 10 a.m. - 10 p.m. both days. Minimum age is 16 without parental supervision. For more information or to sign-up, contact Sue Bisesi, at 630-1020 or e-mail at volunteer@coj.net.

American Diabetes Association's America's Walk For Diabetes - Nov. 9

Put your walking shoes on and help the American Diabetes Association find a cure for Diabetes. Volunteers are needed for event set-up on Nov.8 from 3-8 p.m. and on Nov. 9 for registration and T-shirt distribution. For more information, call 730-7200.

Jacksonville Fairgrounds Pet Expo - Nov. 9

Volunteers are wanted to assist at the agility course, to monitor contests and to help with booths.

This is a family event - exhibits include rescue groups

City of Jacksonville Veteran's Day Parade - Nov. 11

The City of Jacksonville is recruiting volunteers to assist with staging and de-staging parade participants and act as parade marshals. This is a great group or family project. Minimum age is 16. For more information or to sign-up, call Sue Bisesi, at 630-1020.


Salvation Army Bell Ringer Project

Volunteers are needed from Nov. 17 to Dec. 24 for the NAS Jacksonville Annual Salvation Army Bell Ringer Project at the Orange Park Mall. This project provides

assistance during the holidays and throughout the year for needy people in our local community.

Commands/departments, active duty service members,

civilian employees and military spouses and other family members are welcome to participate in this event. Call Dianne at 542-2766, ext. 130 to sign up.



Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:


Saturday 5 p.m. - Catholic Mass

Sunday 8:30 a.m. - Protestant

Communion 9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon.



NAS Jacksonville Commanding OfficerCapt. Mark S. Boensel

Public Affairs OfficerCharles P. "Pat" Dooling

Deputy Public Affairs OfficerMiriam A. Lareau

U.S. Naval Air Station, Jacksonville Editorial Staff

EditorMiriam S. Gallet

Assistant EditorJO2 Mike Jones

Staff WriterJO2(SCW) Eric Clay

Staff WriterJO2 Jackey Bratt

Civilian Staff

ManagerEllen S. Rykert

Staff WriterKaylee LaRocque

Design/LayoutGeorge Atchley

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Ellen S. Rykert, Military Publications Manager
1 Riverside Avenue • Jacksonville, FL 32202
904-359-4168

Linda Edenfield, Advertising Sales Manager • 904-359-4336
Beeper: 904-306-3853 or 888-980-3874 • FAX: 904-366-6230

‘Sunseekers’ hold change of command

By Lt. Cmdr. Bryan Wright
VR-58 Public Affairs

In a change of command ceremony held Oct. 19, Cmdr. Sean Phinney relieved Cmdr. Gary Weistroffer as commanding officer of VR-58.

Phinney was born in Miami in 1963, and grew up traveling due to his father's service in the United States Army.

He graduated from Charles W. Woodward High School in Rockville, Md. and attended the University of Georgia where he earned a Bachelors Degree in Marketing in 1985.

Phinny was selected for entry into the Aviation Officer Candidate Program and was commissioned an

ensign at NAS Pensacola, Fla. in September of 1985. In October 1985, he completed primary and rotary wing flight training at NAS Whiting Field in Milton, Fla. and was designated a naval aviator.

Phinney subsequently received orders to HSL-41 in San Diego, for fleet replacement pilot training and then received orders to HSL-47 also in San Diego.

As a squadron plank owner he, deployed with HSL-47 Detachment 2 aboard USS Valley Forge (CG 50) for duty in the Pacific and Persian Gulf. During this tour, he qualified as a SH-60B aircraft commander and NATOPS instructor pilot.

In July 1990, Phinney reported to HSL-40 at NS

Mayport for duty as a SH-60B instructor pilot. During this tour he trained numerous students in Anti-Submarine Warfare tactics and weapons, shipboard landings, and defensive maneuvering.

In addition, he served as a Commander, Naval Air Forces Atlantic SH-60B NATOPS evaluator and SH-60B NATOPS program manager.

Upon acceptance into the Training and Administration of the Reserve (TAR) program in January of 1992, Phinney's initial assignment was to staff duty at the Navy Air Logistics Office in New Orleans.

He served as assistant operations officer and training department head

responsible for scheduling the Navy's 71 Fleet support aircraft.

In addition, he flew the UC-12 aircraft qualifying as a transport aircraft commander and instructor pilot.

Following this tour, Phinney was assigned to VR-58 for duties flying the C-9B transport jet in May of 1995.

During his three-year active duty tour he served as the safety officer, operations officer and maintenance officer, and served as detachment officer-in-charge on several overseas detachments.

He also qualified as an international/overwater transport aircraft commander, NATOPS instructor pilot, and functional



Cmdr. Sean Phinney

check pilot.

At the conclusion of his active duty career, Phinney affiliated with VR-58 as a Selected Reservist. After screening for command, he became squadron executive officer in June of 2001.



Cmdr. Gary Weistroffer

Phinney has accumulated more than 4,000 flight hours while flying seven different types of Navy aircraft.

Weistroffer will next report to Reserve Volunteer Training Unit, Jacksonville.

Combined Federal Campaign continues

From Staff

The 2002 Combined Federal Campaign (CFC) is in full swing. As of Oct. 21, contributions from NAS Jacksonville, NAVSTA Mayport and Subase Kings Bay have resulted in \$548,919 raised – achieving 33 percent of the Region's goal of \$1,660,456.

NAS Jax has currently raised \$157,692 with a goal of \$693,007. A special thanks to those commands who have turned in pledges thus far in the campaign. Command involvement and leadership are essential ingredients to a successful campaign and to making a difference in the community.

CFC is about people helping people. And we can help them. We can raise awareness of all the positive things CFC organizations do for our families, friends and community, and we can ensure that every Sailor, Marine and civilian member of your command is given the opportunity to help others in need.

The following is the campaign progress for NAS Jax commands as of Oct. 21:

Command	Goal	Donations	Pct.
Chapel	\$882	\$1,187	135

COMHSWINGLANT	\$ 6,870	\$ 4,748	69
COMNAVREG SE	\$22,878	\$24,077	105
COMSEACONWINGLANT	\$ 3,404	\$ 4,159	122
SEACON Weps School	\$ 2,058	\$ 1,734	84
COMPATRECONFORLANT	\$ 566	\$ 744	132
CV-TSC Ashore	\$ 1,510	\$ 850	56
HS-5	\$10,327	\$ 2,124	21
MWR	\$ 5,515	\$ 1,264	23
NADEP	\$204,000	\$38,325	19
Naval Dental Clinic SE	\$ 7,101	\$ 2,196	31
NCTS	\$ 8,590	\$ 2,913	34
PWC	\$ 11,477	\$16,307	142
ROICC	\$ 10,324	\$ 1,466	14
SERCC	\$ 2,487	\$ 2,094	84
Supply/CBQ	\$ 4,662	\$ 1,203	26
TPU	\$ 2,896	\$ 1,058	37
Weapons	\$ 4,224	\$ 2,905	69
VS-22	\$ 13,316	\$ 1,212	9
VS-31	\$ 13,130	\$ 4,377	33

Commands should make every effort to turn in pledge forms as soon as possible.

For more information or questions about CFC at NAS Jax, call Lt. Cmdr. Newsteder at 542-2521/2460.

Mentor training scheduled

From FFSC

Mentor training will be held Nov. 13 from 1-3 p.m. at the NAS Jacksonville Base Chapel Religious Educational Center, Building 749.

Mentoring can be as simple as being a friend. Just think about how many

adults helped you to become the person you are today. Many children today don't have role models (such as the teachers, coaches, parents and friends) that most of us had growing up.

Through NAS Jax Navy Community Service Program new partnership with

the Kesler Mentoring Connection, all command volunteers who are interested in working with youth can attend a workshop that prepares them for mentoring so that they can become a successful and meaningful mentor.

To register, call 542-2766, Ext. 130.

DON'T MISS
AN ISSUE!

PICK US UP
EVERY THURSDAY!

Vietnam Wall Experience coming to Jacksonville

The Vietnam Wall Experience will travel to Jacksonville Nov. 8-10 at Riverside Memorial Park. The experience is a faux-granite likeness of the original Vietnam Veterans Memorial, the most visited National Park Service site, located in Washington, DC. The replica includes the names of more than 58,000 Americans who died or are missing in Vietnam inscribed on the black mirror-like surface. Admission is free.

An opening ceremony is scheduled on Nov. 8 at 10:30 a.m. The opening ceremony will include a musical prelude by the Navy Band Southeast, a motorcycle procession, performances by area schoolchildren and a 21-gun salute. Vietnam Prisoner of War Capt. Wilson "Denver" Key will deliver the keynote speech. Key was captured off the coast of Hanoi on Nov. 17, 1967 and held prisoner for five and a half years before his release on March 14, 1973.

Hardage Giddens Funeral Homes & Cemeteries is sponsoring the event, which includes a Pledge of Allegiance and an Essay Contest for local school children. "The Vietnam Wall Experience brings the Wall to many people who wouldn't have the chance to experience it otherwise," said Jonathan Glover, Hardage Giddens representative. For more information, call 355-5641.

HS-5 participates in Fleet fly-in

By Lt.j.g. Ryan Smits
HS-5 PAO

The HS-5 "Nightdippers" participated in the Naval Helicopter Association Gulf Coast Fleet Fly-In (FFI), hosted by NAS Whiting Field, the cradle of naval aviation, during the week of Oct. 14.

This event provided an opportunity for student naval aviators (SNA) in the training commands of HT-8 and HT-18 to become familiar with the different types of helicopters that are used in every day operations in the Fleet. In some cases, flight students may complete their Fleet aviation community selection list based on a ride in one of the visiting fleet aircraft. Further, Fleet squadrons are given the opportunity to recruit student aviators for their specific communities.

The Nightdippers sent one aircraft to NAS Whiting Field on the afternoon of Oct.15. HS-5 Commanding Officer Cmdr.

William Gilligan and Lt. Derrick Kingsley piloted the aircraft with Lt. Brian Wilderman and Lt. Chuck Marrone along for SNA flights and briefings to be presented later in the week. The HS-5 aircrew was represented by AW1 Kevin Hamilton, AW2 Kenneth Hyman, and AW2 Michael Black. After a slight weather delay, the crew launched from NAS Jacksonville and found themselves safe and sound in Pensacola, Fla.

The next day the crews flew endless sorties for the young helicopter students. Kingsley felt highly ecstatic to see the flood of eager students from HT-8 and HT-18 anxiously waiting their turn to be given the opportunity to ride in an SH-60F. After the trip, Kingsley commented, "It was awesome to see the shining future of naval helicopter aviation (NHA) in this type of capacity." Marrone fielded a barrage of questions provoked by the static display aircraft.

Additionally, some of the HS-5 pilots were able to fly the new Sierra version of the H-60 which was on location for the same purpose.

The visit to NAS Whiting Field was as much fun for the HS-5 crew as it was for the students in HT-8 and HT-18. Some of the HS-5 pilots ran into old friends from flight school. Hamilton, Hyman, and Black traded stories and laughs with our comrades in the transportation department.

"It was nice to see the upcoming aircrewmembers as well as meeting the more senior aircrewmembers," commented Black. Running into old friends, recalling old memories as well as mentoring the next generation of helicopter pilots made the fly-in well worth the trip.

By the end of the week old friendships were rekindled and many sea-stories were told.



HS-5 prepares to take some student naval aviators for a ride.

Courtesy of HS-5

Fasone retires after 30 years of dedicated service

By Staff

AFCM(AW) Daniel Fasone, maintenance master chief, Commander, Helicopter Anti-Submarine Wing, U.S. Atlantic Fleet (COMHSWINGLANT) will retire tomorrow at 10 a.m. at Hangar 123 after 30 years of naval service. Rear Adm. Steven Tomaszewski, commander, Navy Personnel Command will be the guest speaker.

A native of Columbus, Ohio, Fasone enlisted in the Navy on Sept. 1, 1972 after graduating high school. "My family had a construction business that built homes and apartments. I did this for several years as a teenager. But after high school, I decided I wanted to do something different so I joined the Navy," said Fasone.

After completing boot camp in Great Lakes, Ill., Fasone reported to NAS Memphis, Tenn. for Aviation Machinist's Mate Reciprocating (ADR) "A" School followed by Search and Rescue (SAR) crewman training at NAS Imperial Beach, Calif.

After school, Fasone reported to NAS Agana, Guam in July 1973. After a successful tour, he headed back to Memphis for C-7 school where he was advanced to AD3. This was followed by more training of the SH-3 Sea King helicopters at HS-1 at NAS Jacksonville. While in training he was advanced to AD2.

Fasone reported to HS-11 at NAS Jacksonville in August 1976. Two years later, he transferred back to HS-1 and was advanced to AD1. In November 1981, Fasone transferred to HS-3 at NAS Jacksonville for sea duty. In 1982, while with HS-3, he was selected for chief petty officer. Two years later he earned his Enlisted Aviation Warfare Specialist Qualification.

In December 1984, Fasone reported to VC-8 in Roosevelt Roads, Puerto Rico where he served as maintenance control chief petty officer. The following year, he was advanced to senior chief petty officer. Two years later, he reported to HS-5 at NAS Jacksonville where he was advanced to master chief petty officer.

In January 1990, Fasone was assigned back to HS-1 as maintenance master chief. During his tour Fasone was sent to HS-3 and HS-7 to assist the squadron's maintenance departments. In October 1992, he reported to HS-7.

Fasone was personally selected to serve as the



AFCM(AW) Daniel Fasone COMHSWINGLANT maintenance master chief from June 1995 until November 1998. He then transferred to HS-15 at NAS Jacksonville until reporting for his second and last tour at COMHSWINGLANT in March 2000.

"I have known Master Chief Fasone since 1987. He, more than any one person in my entire career has shown me what a difference one man can make. He has such high standards and holds every single person accountable to those standards, even those who aren't in the maintenance department. He always demands that his people do the best to their ability," commented Capt. James Pendley, commander, Helicopter Anti-Submarine Wing, U.S. Atlantic Fleet. "Four years ago when I was the navigator aboard USS John F. Kennedy, HS-15 flew some birds on the ship. As they landed, the executive officer of the ship remarked how beautiful those helicopters were and that Master Chief Fasone must be with HS-15. I called down to the squadron and sure enough, he was there. That's how good this man is. You can recognize the aircraft of a squadron he is with."

After 30 years, spent mostly with helicopter squadrons in the Jacksonville area, Fasone says the thing he will miss most about being in the Navy is the camaraderie. He also stresses the importance of loyalty among his troops.

"I owe all my successes to the loyalty of my people and my mentor, retired AFCM Tony Stramanino. I can teach someone about aircraft systems, but to teach them loyalty is difficult. So when you find that in a person, you have found yourself a treasure. If a person has pride and professionalism in their job, you know you have a good person working for you," he said.

During his career, Fasone has made 13 deployments aboard various ships. "I've spent much of my time at NAS Jax but have traveled all over the world. I really

think the United States is the best place anyone could live. We have so many more freedoms. There really is no place like good old home," said Fasone.

"I am extremely lucky that during my naval career, I had such a wonderful family supporting me. My wife, Elaine took care of everything - the kids, house, car, etc. She made sure my uniform was always clean and that I always had a good meal on the table. Her dedication enabled me to do my job," he said, emotionally.

Fasone is the son of Gus and Beverly Fasone of Columbus, Ohio. He and his wife, Elaine have three children, Daniel, Jaclyn, and Melissa. They plan to continue to reside in Jacksonville.

"I am currently working on my bachelor's degree with Embry Riddle. I hope to find employment as a contractor to continue working in the helicopter community here. After all, this is all I've ever known," he said happily.

In honor of his service, COMHSWINGLANT has dedicated the SH-60 helicopter on static display at Patriot's Grove to Fasone for his unrelenting devotion to the Navy.

"Master Chief Fasone is proof that one man can make a difference. His standards are much higher than most people's, but it's for a reason. He motivates his team so they achieve their goals. He's become known throughout the East Coast for his demanding expectations of his maintenance teams. This man has made a lot of people sit up and take notice. We will really miss him," said CMDCM Mike Van Middlesworth, COMHSWINGLANT command master chief.

'Dragonslayers' take part in fly-in

By Lt.j.g. Teresa Ferry
HS-11 PAO

HS-11 recently returned from a detachment in Milton, Fla. in support of the Naval Helicopter Association's Gulf Coast Fleet Fly-In (FFI).

The annual event provides helicopter student naval aviators (SNA) a chance to see the various helicopters in the Navy's inventory before they complete flight school and receive their wings of gold.

Dozens of helicopters from around the Fleet, including Navy, Marines and Coast Guard, flew into Milton for this event.

SNA's, elementary and junior high school children toured static displays of various Fleet aircraft and were able to ask questions about life in the aviation community and in the Fleet. Students from the Aircrewman Candidate School



and Search and Rescue School from Pensacola, Fla. also attended the event. These junior enlisted men and women were able to ask questions of the aircrewmembers about life in the squadron and were inspired by stories of actual rescues from the Fleet.

The event began with a barbeque picnic for all SNA's and Fleet personnel participating. It was a great opportunity for students and aviators to ask questions and share experiences in a casual atmosphere.

The following day began with community briefs to provide insight as to how each community plays a part in the Fleet aviation world. Vendors also participated by demonstrating new product improvements for the aviation world. Each afternoon, SNA's were given the opportunity to fly several different Fleet aircraft with helicopter aircraft commanders and gain a better appreciation of each helicopter community. This by far was the highlight of the three-day event.

The FFI was another huge success that benefited both SNA's and Fleet aviators alike, especially the students who had the opportunity to get a taste of the Fleet.



Photo courtesy of VP-5

AM1 Thomas Hall of VP-5's Airframes Branch receives the VP-5 Work Center of the Quarter award from Cmdr. Pat Buckley, commanding officer as other members of the division look on.

VP-5 recognizes top maintenance branch

By Lt.j.g Chris Brianas
VP-5 PAO

The "Mad Foxes" of VP-5 recognized the Airframes Branch as the Work Center of the Quarter for third quarter 2002 during all-hands quarters on Oct. 21.

All the work centers in VP-5 perform at an extremely high level, but the Airframes Branch was singled out as being the most effective and efficient work center during the reporting period. They demonstrated the highest standard of quality maintenance, professionalism, and safety. VP-5's Maintenance Officer Lt. Cmdr. Pete Garvin echoed this state-

ment. "The competition for shop of the quarter was particularly keen. The entire department has put forth a tremendous effort during this Inter-Deployment Training Cycle, but Airframes stood out among the many great work centers," he said.

Airframes Branch achievements include the expeditious completion of 54 special inspections and

1,100 maintenance actions amassing more than 9,000 man-hours in the process. Additionally, the branch also qualified four Collateral Duty inspectors, four yellow shirts, five Tire and Wheel technicians, and eight Hydraulic Contamination personnel and advanced three personnel in rate.

Gaudio gives farewell message as tour ends

Editor's note: The following is a message from outgoing Commander, Navy Region Southeast Rear Adm. Jan C. Gaudio.

To Navy Region Southeast: As my tenure as the regional commander winds down, I express my sincere gratitude and admiration for the tremendous hard work, dedication, pride in service and teamwork which have been the hallmarks throughout navy region southeast. The exceptional progress you have made across the broad spectrum of programs and services we collectively provide is without question the result of the entire team's combined efforts. The successes we've achieved are only possible with great teamwork; teamwork exhibited by the commanding officers, program managers, the headquarters staff, the Region storefronts, installations and activities that are all vital components of Navy Region Southeast. When I took command in August 2000, I was very pleased to return to a community in which I had a strong connection. I was encouraged by the commitment and energy exhibited by the military, civilian and contract employees that make navy region southeast such a superb team. I was also humbled by the awesome challenges involved in developing strategies that would allow the region to accomplish our mission effectively within the resources under our stewardship. The individual missions of the installations that make up Navy Region Southeast are the most



Rear Adm. Jan C. Gaudio greets Sailors prior to a re-enlistment ceremony at Alltel Stadium in November 2001.

diverse in our Navy, and each have their own unique challenges. Ranging from providing facilities to enable the warfighters on our aircraft, surface fleet, and submarine force; to training and supporting forward deployed Seabees, providing sustainable forward presence and migrant operations, operating critical training ranges and ordnance depots; to ensuring that our sailors and families receive the best in medical and dental health services - you have excelled in the face of every challenge, and you can truly be proud of your service and accomplishments. The region as a whole has also

answered the call of numerous unexpected requirements which have stretched installations and commands' resources to the limits. Our nation's war on terrorism impacted us all personally, and has required us to respond professionally. Immediately following the events of 9/11, the Fleet and Sailors we support were deployed to the waters off New York City and Washington, D.C. to serve as a deterring presence and provide security and peace of mind to communities traumatized. Warfighters and their magnificent machines that call our installations home have been involved from the very beginning, defending our home-

land and taking the battle to our enemies. Our own regional AT/FP posture quickly ramped up, and we achieved the necessary vigilance only due to your commitment and some exceptionally long hours. In response to operation enduring freedom, the operational tempo of our deploying forces increased, which in turn significantly impacted the training and maintenance schedules of all of our installations and their respective tenant activities. As the War on Terrorism progressed, many of you expended a tremendous work effort over the December holidays to stand up a critical enemy combatant detention center in Guantanamo Bay.

Our logisticians successfully matched tons of material and equipment with our Seabees to quickly construct the detention camp in time to accept the first group of terrorist detainees. Active duty and Reserve Sailors from across the region were pulled to stand up the camp's security forces and enhance the medical staffs. Bottom line, not a single installation, activity, or person has escaped the impact of 9/11, and not a single installation, activity or person, military or civilian, has failed to answer the call of this nation in the face of such challenging times. You are an inspiration to me, and I salute each and every one of you. Again, thank you for your collective dedication to our mission, the services you provide our Navy and nation, and your commitment to the warfighter and fleet readiness. I am truly grateful to have served with this great team and to call you all shipmates. I have every confidence Navy Region Southeast will continue to excel in the face of future shore installation management challenges and remain committed to "enabling warfighter readiness." I leave you in the very capable hands of Rear Adm. Annette Brown and look forward to the opportunity to continue to serve with you in my new assignment as the director, Readiness, Logistics, and Infrastructure (N4), for Commander in Chief, U.S. Atlantic Fleet. Thank you and God bless you for your service and all you do every day to keep our great country strong and free.

Scholarships program coming soon

From the Defense Commissary Agency

The 2003 Scholarships for Military Children program opens for business Nov. 1 and the burning question is "how has being the child of a military service member influenced your educational goals?" That's the essay topic for 2003 and if the two previous years are any indication, it's a question applicants should consider carefully when applying for the \$1,500 scholarships. "According to program administrators, the essay has been a key factor in deciding recipients," said Edna Hoogewind, program liaison for the Defense Commissary Agency. "Although the minimum grade point average to apply for these scholarships is 3.0, the average recipient has a 3.8 or better. The grades of the applicants are so high that factors such as community involvement, activities and the essay become extremely important." The Scholarships for Military Children program is administered by the nonprofit Fisher House Foundation, best known for building family comfort homes near military medical facilities. "We're certainly pleased to administer this program as it serves the military community exclusively and is rapidly becoming one of the premiere scholarship programs worldwide," said Jim Weiskopf of Fisher House Foundation. "We utilize the services of Scholarship Managers, a professional firm that has handled more than 400 programs. They do everything relating to the process of deciding who is awarded a scholarship and it's a very painstaking process when you have more than 5,000 applicants." The Scholarships for Military Children program has awarded 920 scholarships and nearly \$1.5 million in its first two years. All funds for scholarships are donated by the various manufacturers, brokers

and suppliers that provide products for sale in military commissaries, which are recognized as a valuable quality of life benefit and an integral part of the military community. "Most of the scholarship recipients also participate in formal recognition ceremonies, which take place each spring and summer at local commissaries," added Hoogewind. Applications for the 2003 program can be downloaded from <http://www.commissaries.com> or <http://www.fisherhouse.org> starting Nov. 1. They can also be picked up at any commissary. The deadline for returning applications by hand or mail to a commissary is Feb. 21, 2003. "That's in the store, not postmarked," reminded Hoogewind. "There are very few changes from last year," said Hoogewind. "The essay topic is new and we have a two-page instruction sheet to make things easier for the applicants. The application can also be filled out on a computer, then printed and mailed or delivered to the nearest commissary. It should be an improvement over handwritten applications for both the student and Scholarship Managers." The scholarship program is open to dependent unmarried children (under the age of 23) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and that they have a current ID card. All applicants must be citizens of the United States. The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2003. Students attending a community or junior college must be enrolled in a program of studies designed to transfer directly into a four-year program.



NAS Jacksonville's newest E-5s and E-6s gather following the frocking ceremony Monday at Patriot's Grove.

Petty officers frocked in ceremony

Congratulations to the following NAS Jax personnel who were frocked during a ceremony Oct. 28:

- Petty Officer First Class**
MS1 Cleo Burke, Brig
AM1 David Drake, Supply
TM1 Felecia Fair, Weapons
ET1 Jeffrey Feightner, Operations
AC1 David Fuentes, Operations
JO1 Michael Jones, Executive
TM1 Marva McCann, Weapons
TM1 Tatia Moore, Weapons
GM1 Anitra Ott, Weapons
YN1 Timothy Smalley, Executive
OS1 Deon Smith, Brig
BM1 Kimberly Smith, Brig

- Petty Officer Second Class**
SM2 Reginald Alexander, MWR
MS2 Angela Blyther, Supply
AT2 John Boley, Operations
TM2 Angelo Cook, Weapons
TM2 Michell Kerr, Weapons
ET2 Seann McKenna, Operations
MS2 Daniel Parker, Supply
AO2 Alberto Perezbadillo, Weapons
AC2 Keith Schlegel, Operations
ABH2 Shareef Valentine, Operations
ABH2 Amberley Wallace, Operations

CHANGE: New Admiral takes helm

Brown's next assignment was to the staff of Commander, Naval Base Seattle where she served as the Chief-of-Staff. From 1996 to 1998 she commanded Naval Station Everett, Wash. In October 1998 she reported to the staff of the Chief of Naval Operations where she was the director, Shore Installation Management Division. Brown assumed duties as the assistant commander, Navy Personnel Command (Personal Readiness and Community Support) in March 2000. Gaudio has served as CNRSE, since August 2000. CNRSE has oversight of Naval commands and activities in the eight southeastern states and the Caribbean. His next assignment will take him to Norfolk, Va., where he will serve as

director of Readiness Logistics, and Infrastructure for the Commander-in-Chief, Atlantic Fleet.

Welcome aboard, Admiral Brown



BLACK POINT NATURE CENTER



The nature center pavilion features informative signs about local wildlife.

New nature facility 'a tremendous resource'

By JO2(SCW) Eric Clay
Staff Writer

NAS Jacksonville's Environmental Department opened the Black Point Nature Center on Oct. 22. NAS Jacksonville Commanding Officer, Capt. Mark Boensel was on hand to assist Natural Resource Manager Christine Bauer, at the opening ceremony by cutting the traditional ribbon.

During the opening remarks, Boensel said, "The nature center is a tremendous resource and an educational tool for all personnel at NAS Jax. This will give everyone a great opportunity to see the wonderful environment they live in. Also, this provides a super opportunity for children to start learning about the environment at an early age."

The purpose of the nature center is to educate the personnel aboard NAS Jax and their families about the impact they have on nature and how they can protect Florida's wildlife. Saltwater fish and geckos are some of the examples of the Florida wildlife displayed throughout the center. There is also a nature walk in the park area next to the center, showcasing plants and marine animals. Along the walk, signs identify the plants and animals habitat and natural resources.

School-aged children from NAS Jax and Yellow Water will visit the nature center in the future and will be able to interact with a computerized program on environmental awareness. They can also watch slide shows and learn about environmental pro-

tection and participate in educational arts and craft projects during the tours. The Westside Regional Parks Naturalist Program coordinator will help with children's tours.

Kori Morrow, an intern with the NAS Environmental Department, who will conduct children's tours said, "I have a lot of projects planned for the kids depending on their age and the size of the group. It should be really fun."

She added that teaching kids early about helping the environment would help them when they become adults.

Some of the environmental safety topics Morrow plans to teach are: minimizing paper; recycling at school at home and within the community; conserving water while brushing teeth; turning lights off when not in use; disposing garbage in its proper place (on water and land); never disturbing wildlife for safety reasons; not destroying natural habitats (nests, burrows, or holes where there are signs of animals) and not feeding wildlife.

The nature center makes for a great place to enjoy lunch or a break at anytime. With views of the St. Johns River and plenty of wildlife, one can relax in the quiet atmosphere of the nature center's pavilion.

The nature center is open during weekdays from 10 a.m. to 2 p.m. and for scheduled events on weekends.

For more information about the nature center, contact Kori Morrow at 542-2717 ext. 183.



NAS Jax Commanding Officer Mark Boensel and Natural Resources Manager Christine Bauer cut the ribbon to officially open the Black Point Nature Center at NAS Jax on Oct. 22.



Assistant Air Program Manager Tony Mackey watches salt water fish swim in an aquarium specially equipped for their habitat.



Hazardous Waste Site Inspector Henry Anner and NaDep Air Program Manager Greg Ard discuss Florida cranes.

BLACK POINT NATURE CENTER



Frank Sigona, NAS Jacksonville's Spill Tank manager, examines a gecko at the Black Point Nature Center.



Members of the environmental program discuss the nature center with NAS Jax Commanding Officer, Mark Boensel.



AM1(AW) Billie Brownfield learns about a lizard found outside of the BEQ.

Photos by
JO2 (SCW) Eric Clay

Kori Morrow,
an intern with
NAS Jax
Environmental,
prepares for
the nature center's
opening.



Numerous birds make their home at NAS Jax. The nature center pavillion offers information about the different species of bird here.





Photo courtesy of NavHosp Jax PAO

Cmdr. Charles Benninger takes questions from family care recipients at Naval Hospital Jacksonville's Medical Town Hall Meeting at the NAS Jacksonville commissary.

NavHosp Jax gets input at town hall meetings

By SN Timothy Yost
Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville held a Town Hall Meeting Oct. 15 to introduce some new initiatives in an effort to improve customer service. The hospital is placing more emphasis on family centered care.

The meeting was held at the Naval Air Station's commissary. Everyone at the meeting was invited to take part and ask questions about the new changes as well as voice some of their concerns regarding the hospital.

"We are going to provide the best quality care and the best possible access," said Cmdr. Charles Benninger, the acting executive officer of Naval Hospital Jacksonville. "We want to treat our patients as family." Benninger fielded questions from some of the family care recipients. Their main concerns were about prescription refills and access to the hospital. They were also curious about some of the changes that were taking place at the hospital.

Among the changes that Benninger announced were some which will help to solve the parking problem at the hospital. Already more than 100 parking spaces have been built around the hospital. Access will improve more when more spaces are opened and the hospi-

tal's administrative functions are transferred off-site to Building 2004.

Additional patient parking will also become available once the new pharmacy is built. The new pharmacy will be in the NEX parking lot. Patients will be able to fill their prescriptions without having to stop at the hospital. Hospital administration officials expect the new pharmacy to be completed in early summer of 2003.

While access is important, the hospital is placing even more emphasis on obstetric care. Soon-to-be mothers will enjoy newly refurbished rooms with private showers. The décor will reflect a warm, family friendly atmosphere. "We're very excited about our pre-natal care. These changes will help to enhance our obstetric services, which is in keeping with our command's mission of being more family centered," said Marsha Childs, the head of the Customer Satisfaction & Marketing Department of Naval Hospital Jacksonville.

To learn more about the changes being made at the Jacksonville Naval Hospital, you can visit the website at www.navalhospitaljax.com. All are invited to the next Town Hall meeting to be held in January. Watch Jax Air News for announcements of specific dates, place and time.

Breast Cancer exhibits enhance awareness

By HM3 Jessica Peau
Naval Hospital Jacksonville Public Affairs

Being diagnosed with breast cancer is one of the most difficult challenges that a woman may have to face.

Recent conflicting messages in the media concerning self breast exams and mammographies have many women confused about the value of these procedures and other diagnostic and treatment options.

Gloria Lockhart, wife of Naval Hospital Jacksonville Commanding Officer Capt. Ralph Lockhart, addressed this concern in her opening remarks at an Oct. 10 kick-off of a Breast Cancer Awareness Exhibit in the Naval Hospital's outpatient clinic area.

The exhibit is an annual event organized by the hospital's Breast Care Case Manager's Office.

"Regardless of what's currently being highlighted in the media," Lockhart said, "the main message (for women) is to be aware of changes in our bodies, to seek medical advice, not to be afraid of the testing outcome, and to go forward."

Educational campaigns like the one held at Naval Hospital Jacksonville helps people become more aware of the importance of self breast examinations, the latest in diagnostic and treatment procedures, the availability of support



Photos by HM2 John Veres

Gloria Lockhart (left) and Nikki Levinson-Lustgarten display a Pink Ribbon Quilt being prepared for display in the hospital. The quilt is in honor of people who have faced breast cancer. Anyone that would like to add a square in honor of a family member or friend can do so by calling 542-7857. Ultimately the quilt is expected to include about 100 squares.

organizations, and the opportunity to meet others who have been there.

Naval Hospital Jacksonville Breast Care Case Manager Nikki Levinson-Lustgarten, RN, BSN, strongly agrees with Lockhart's message on awareness. She said, "Women should be aware that self breast exams and mammography saves lives." She also mentioned that seven out of eight women do not get breast cancer and that 90 percent of breast cancer is not genetic. "The bottom line," she said, "is that the first line of defense is your own awareness."

Among the visitors to the exhibit was Betty Zieman, a three-year, breast cancer survivor who works in the hospital's Family Practice Clinic.

Zieman was impressed with the information that

was put out to the public this year.

"The brochures from the American Cancer Association covered some important areas that needed to be addressed." She said she was particularly impressed with the availability of pamphlets providing guidance to women on how to deal with self-esteem and sexual issues after being diagnosed and treated for the disease," she said.

Another survivor at the

See EXHIBIT, page 10

Your best shot to avoid the flu

By HM3 Jessica Peau
Naval Hospital Jacksonville Public Affairs

Influenza, or "the flu" as it is commonly known, is a serious viral disease that spreads from the person that carries it to another person's throat or nose. Symptoms of the flu include headaches, fever, body aches, sore throat and cough.

According to the U.S. Department of Health & Human Services, an annual flu shot is recommended for healthcare workers such as doctors, nurses, etc.; for children from 6-23 months

of age; pregnant women after their third month of pregnancy; patients with long-term health problems such as asthma, heart disease, lung disease, etc; and especially anyone over the age of 50.

Serious side effects to the vaccine are rare. The virus in the vaccine has been killed, so you cannot get influenza from it.

Mild reactions to the vaccine may include soreness and swelling in the area of the shot, fever, and body aches. If after receiving the influenza vaccination you encounter any severe reaction such as difficulty in

breathing, hives, weakness or fast heartbeat contact your physician or go to the nearest Emergency Room.

Naval Hospital Jacksonville just received the flu vaccine and will start giving shots tomorrow.

Active duty personnel should check with their command preventive medicine representative for specific dates and times of when the vaccinations will be administered at their command.

TRICARE Prime Patients enrolled to Naval Hospital

See FLU SHOTS, Page 10

Pharmacists help make meds work

From the American Society of Health-System Pharmacists and Naval Hospital Jacksonville Public Affairs

Today's medications are powerful and complex agents that should be used carefully to ensure a faster recovery and better health. Naval Hospital Jacksonville's pharmacy staff is here to make sure that you receive the best and safest medications.

Pharmacists in hospitals do more than fill prescriptions. Pharmacists are experts on the thousands of medications available today, how each one works in the body and the ways to use each one safely and effectively.

Pharmacists advise doctors and nurses on the best medications to treat your condition. They monitor every patient's medication therapy and provide quality checks to detect and prevent harmful drug interactions, reactions, or mistakes.

The hospital's pharmacists are also available to talk to you about your medications.

They can help you understand the appropriate use and intended outcome of your medicine, as well as any possible reactions and side effects. You can also talk to your pharmacist about how to store and take



Photo by HM2 John Veres

Pharmacist Kenneth Marks, MS checks a prescription as it is filled for a Naval Hospital Jacksonville Pharmacy customer.

your medication, what foods or activities to avoid, and what to do if you miss a dose.

Here are some tips from the pharmacy department on safe medication use while you are in the hospital:

Bring a list of the prescribed drugs, over-the-counter medications, home remedies, and nutritional supplements that you are currently taking and show it to the health professional(s) managing your care.

Bring a list of medications that you cannot take (due to allergic reactions, etc). Give the reasons why, and show it to the health professional(s) managing your care.

When admitted, ask how to contact the on-site pharmacist.

Ask the names of the medications that you are receiving during your hospital or health-system visit.

Request any written information that is available about your medications.

Question anything about your medications that you don't understand or that doesn't seem right.

Be especially alert to unexpected changes, such as a change in the appearance of your medication.

Ask your health-system pharmacist if you have any questions about the treatments or medications you receive.

If you're too ill to follow these suggestions, ask a friend or relative to help.

TRICARE For Life has first anniversary

From NavHosp Jacksonville Public Affairs

This month TRICARE For Life celebrates its first anniversary of providing wraparound coverage to Medicare for more than 1.5 million uniformed services retirees, family members and survivors.

"These new healthcare benefits have dramatically improved the quality of life for our Medicare-eligible retirees and their families," said Dr. William Winkenwerder, assistant secretary of defense for health affairs and director, TRICARE Management Activity. "In our first year, we have received over 30 million claims, and paid out more than \$1.7 billion in healthcare benefits," he said.

For more information on TRICARE For Life visit TRICARE's website, <http://tricare.osd.mil/>, the TRICARE Service Center at Naval Hospital Jacksonville or the following TRICARE Service Centers:

Jacksonville TRICARE Service Center
1210 Kingsley Ave.
Suite 1

Orange Park, FL 32073
(904) 381-9015
(800) 444-5445

St. Mary's TRICARE Service Center
Humana Military

Healthcare Services (HMHS)
4011 Hwy 40 East
St. Mary's, GA 31558
(912) 882-2604 Option "0"
Monday-Friday, 8 a.m.-5 p.m.



Photo by HM2 Michael Morgan

Volunteers with more than 30 years of service are honored at the luncheon. Shown left to right are Capt. Mark Boensel, NAS Jacksonville commanding officer; Charles Cramer, CEO, NE Florida Chapter American Red Cross; Volunteers Wilma Eldridge, Ann Hill, Margaret Hill, Edwena Crowell, Josephine Dombroski and Capt. Ralph Lockhart. Certificates of Appreciation were presented to all of Naval Hospital Jacksonville's 82 Red Cross volunteers.

Naval Hospital Jacksonville Red Cross volunteers honored

By SN Timothy Yost
NavHosp Jacksonville Public Affairs

Naval Hospital Jacksonville held its annual luncheon to honor all of the Red Cross volunteers who have taken the time to help out in the hospital.

Capt. Ralph Lockhart, commanding officer of Naval hospital Jacksonville came to personally thank the volunteers and delivered a speech congratulating them on a job well done.

"At Naval Hospital Jacksonville we are truly blessed with a staff of physicians, nurses, corpsmen and support personnel that are second to none. Today, we are here to honor perhaps the most selfless members of our family, our American Red Cross volunteers," Lockhart said.

The American Red Cross has been helping the United States Navy since in peacetime and in war since 1881. Red Cross volunteers have helped in virtually every single disaster, and in every battle and in every war. Most recently, Red Cross volunteers were there to aid the victims of the attacks of Sept. 11.

At Naval Hospital Jacksonville, there are currently 82 volunteers working on any given day. Each year, Red Cross volunteers contribute more than 17,000 man-hours a year at Naval Hospital Jacksonville and at the branch medical and dental clinic aboard NAS Jacksonville. At an estimated dollar value of \$16.05 per hour, the volunteers have saved the hospital over \$273,000. This is money that can go directly to more and better patient care.

They contribute in a variety of ways. Some volunteers drive the new shuttle cart which transports hospital patrons from the parking lot right to the hospital's entrance. Upon entering the hospital, patrons will quite likely be greeted by the smiling face of another Red Cross volunteer. Volunteers help out in almost all areas of the hospital. They free time up for the corpsmen, nurses and doctors to better care for their patients and concentrate on

the tasks at hand.

"My ward would literally fall apart without them," said Lt. Cmdr. Nancy Dull said. She heads the maternal infant department of Naval Hospital Jacksonville. The volunteers in her ward assist in rocking newborn babies, and in feeding and bathing of the babies. "Their work is just invaluable to me," she said.

"I couldn't be more proud of you and the work you provide," said Charles "Skip" Cramer the CEO and head of the Red Cross's Northeast Chapter. He came to the Naval Air Station to thank and congratulate the hospitals Red Cross volunteers personally.

Volunteers come from many different backgrounds and their reasons for volunteering are diverse.

Robert Bohstengel served the Navy first as an enlisted member for 20 years before being commissioned as a weapons officer. All together he served the Navy for over 30 years and has volunteered at Jacksonville Naval Hospital for the last 23 years.

"My heart keeps me going," he said, "I like to come in and be of some help."

Besides helping out in the hand clinic he also likes to brighten up everyone's day with jokes that he gets from friends on the internet.

Cecilia McMann is a Navy wife. She has volunteered for the Red Cross for two years now.

"I've had a blast," she says. She enjoys driving the shuttle cart that transports patients from the parking lot directly to the hospital's front door. "I get to pick up all the good looking guys and not get in trouble," she says with a laugh.

The Red Cross volunteers at Naval Hospital Jacksonville truly exemplify what former President George Bush said of volunteers, "A volunteer is a person who can see what others cannot see; who can feel what most cannot feel. Often such gifted persons do not think of themselves as volunteers, but as citizens—citizens in the fullest sense; partners in civilization."

Tricareonline.com The future has arrived

Starting this month, tricareonline.com will be implemented, in phases, at all military treatment facilities (MTFs) worldwide.

Tricareonline.com offers Department of Defense (DoD) beneficiaries, managers and providers an array of interactive features and capabilities that are accessible anytime from any laptop or personal computer. Some features are available now for all beneficiaries, such as a personal health journal, symptom checker, prescription checker, 18 million pages of consumer health information, disease management tools, and TRICARE claims and benefits information.

The first wave of interactive capabilities that TRICARE is implementing with this phase-in are available only for TRICARE Prime, Plus and special category patient beneficiaries who will have access to features such as online appointment scheduling with their assigned MTF primary care managers. More interactive capabilities will be added over the next year, such as prescription refills and renewals and scheduling for a broader range of specialty and clinic appointments. Requests for routine tests and limited patient-to-provider e-mail also will be forthcoming in 2003.

Tricareonline.com is one of the most

significant changes in the military health system since the creation of TRICARE itself. As a dot-com, it is accessible from any personal computer or laptop in the world with an Internet connection. Once fully deployed, all TRICARE patient, provider and manager transactions will be routed through a single, secure, electronic portal. By linking 8.7 million beneficiaries, managers and providers, tricareonline.com is the largest program of its kind in military and civilian health care.

Beta testing of tricareonline.com recently was completed in Regions 1 (National Capitol Area), 9 and 11 and Germany. Provider and beneficiary responses exceeded expectations. The program is designed to be intuitive and is easy to navigate, even for new Internet users. The sophistication of the style, features and capabilities moves TRICARE to a new level. Beneficiaries not located in the regional areas listed above should check with their local MTFs within the next several months for their projected TRICARE Online implementation date.

For more information, click on www.tricareonline.com or call the Worldwide TRICARE Information Center toll free at 866-DoD-EWEB (866-363-3932).

Unpaid TRICARE bills can affect your credit standing

By Donald Graham
Naval Hospital Jacksonville Health Benefits Office

Often, military beneficiaries are denied credit because their credit report lists a past TRICARE bill that did not get paid. Some have even been turned down for home purchase because of a \$50 unpaid medical claim that ended up on their credit report. Here are some suggestions to keep this from happening:

You should receive an Explanation of Benefits (EOB) statement within 4-6 weeks

indicating how the claim was paid for each outpatient visit/hospitalization. If you have not received an EOB or you dispute what is showing on the statement, immediately bring any paperwork in connection with the visit to the Health Benefits Office nearest you (see below). Most claims issues can be quickly resolved with a phone call, others may need more intense investigation. But doing nothing early on if there is a problem can hurt your credit later on when the case goes to a collection agent.

In our mobile military society, beneficiaries sometimes need urgent/emergent

care while away from their duty station. If this occurs, Prime patients (including active duty) are required to contact their PCM either before the care is rendered in the case of urgent care, and within 24 hours of the care in an emergent case. If the required contact is not made, the claims may deny or pay as Point-of-Service (POS). POS claims can become very expensive! Bottom line: Make sure the appropriate phone calls are made either before or after receiving care while away.

Periodically, check your credit report with the three major credit reporting agencies

Equifax, Experian and TransUnion - to ensure that there is no "surprise" derogatory information. A good rule of thumb is to get copies of reports from all three agencies six months before you apply for a home loan or major credit purchase.

Health Benefits Advisors/Debt Collection Assistance Officers are located at:

Naval Hospital Jacksonville - 542-9164
Branch Medical Clinic, Mayport - 270-5763
Naval Ambulatory Care Clinic, Kings Bay - (912) 673-4228

Veterinary services available on base

The South Atlantic District Veterinary Command NAS Jacksonville Branch will be open Saturday, Nov. 23 from 8 a.m. to noon. The clinic will be giving shots and conducting heart-

worm tests for pets and will accept walk-ins only, no appointments. The Saturday vet service is slated to take place once a month. For more information, call 542-3786.



MWR NOTES

Bingo happenings

There's money to be won and people to be met at the Bingo Hall. Come check out our hot specials this week:
Mondays pay out \$50 on part A and special games.
Tuesdays offer VIP drawings. You have the chance to win \$69 for a computer plus \$25 each time you yell Bingo.
Wednesdays are double lucky with double lucky ball - payout is \$300.
Thursdays change up Bingo to bogo with buy one get one free and special games.
Fridays are for fun and \$50 payouts part A also featuring the one and only \$1,500 game.

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar.
I.T.T. has Jaguar tickets on sale for every home game, only \$28 a ticket and anyone on base can purchase them with no limitations. I.T.T. also runs a shuttle to the home games and you can sign up for any game when you purchase your tickets.
For more information, call 542-3318 or stop in our office located adjacent to the Navy Exchange. Trips are open to all base personnel and their guests.
The following are upcoming events:
Nov. 9 - Kennedy Space Center - Count down the days and blast off to Kennedy. Ticket and transportation is \$35.75 for adults, and \$27.75 for children.
Nov. 16 - Silver Springs Native American Festival - Transportation and ticket is \$33.50 for adults. Children under 48" are \$11.
Nov. 23 - St. Simons Island - Wouldn't you like to spend a relaxing day the island way? Join us as we depart for St. Simons Island. The day includes a tour of the island, lighthouse and museum, and free time to explore. You can enjoy this adventure for only \$30.25.

Liberty Cove happenings

The Liberty Cove Recreation Center has planned some great

times for the single Sailors. The following are upcoming events:
You may not be a renowned artist but you can have some fun trying at the "Great Pumpkin Carving Contest" tonight at 6 p.m. The winner receives a \$50 gift certificate to the NEX. There will be free Halloween treats for all Liberty patrons.
Events for the month of November are fun and leisure oriented. Don't miss the 9-Ball tournament on Nov. 7. On Nov. 15 enjoy a Madden '03 Tournament. An 8-Ball tournament is planned for Nov. 18 and a bowling tournament will be held Nov. 23.

Ladies golf clinic

Ladies, come out and socialize Fridays at 4:30 p.m. at the NAS Jax Golf Club for only \$10/week.

Bowling at Freedom Lanes

Sailors, family members, retiree's and guest can enjoy a variety of bowling fun at the Freedom Lanes. Patrons can pick just about any day in the week for some bowling challenges. Active duty members can enjoy the \$5 "All You Can Bowl" on Tuesdays from 4-9 p.m. Then bowl for free on Wednesdays from 11a.m. - 3 p.m. There is "Super Sunday" \$5 all you can bowl from 1:30-3:30 p.m. Freedom Lanes has "Xtreme Bowling Saturdays from 4 p.m. for just \$5 per person for two games and shoe rental and again at 10 p.m. for \$9 a person for three games and shoe rental.

Holiday Card Contest 2002

Commands, squadrons and departments are encouraged to take part in this year's "Beat the Holiday with MWR Program" and are eligible to win money for their MWR funds. Registration forms are due by Nov. 8. Simply design a holiday card utilizing plywood provided by MWR. Each contestant is responsible for their own decorating and supplies for the cards. Only one card per command please. Cards must be dropped off by Dec. 2. Winners will be announced at the 2002 Christmas Tree Lighting on Dec. 6.
Call 542-3518 for more information.

Free movies at the base theatre

To read a description of these movies visit MWR online. Please do not leave children under 18 unaccompanied and no alcohol

please.
Friday, 7 p.m. - Hannibal (R)
Nov. 8, 7 p.m. - About A Boy (PG13)
Nov. 9, 5 p.m. - Scooby Doo (PG)
Nov. 9, 7 p.m. - K-19, The Widowmaker (PG-13)
Nov. 15, 7 p.m. - Unfaithful (R)

Military Family Appreciation Carnival

November is Month of the Military Family. To recognize the support and commitment of our military families at NAS Jax, MWR will host a Military Family Appreciation Carnival at the NEX parking lot on Nov. 16 from 10 a.m. - 2 p.m. The carnival is free and open to all base personnel.

The Youth Activities Center will host its annual Turkey Bowl on Nov. 23 from 1-4 p.m. at NAS Jax Freedom Lanes. The cost is \$3 per person.

Dance classes and Tae Kwon Do classes are available at NAS Jax and Yellow Water Youth Activities Center. If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

Auto Skills Center

October is National Car Care Month and is a good time to give your automobile some over due TLC. The Auto Skill Center will help by offering a free 36-point vehicle safety inspection. The National Automotive Council sponsors this inspection. Patrons will receive a copy of the inspection and can discuss any problem areas with a certified ASE mechanic. Check with the Auto Skills Center for hours and Schedule an appointment for this worthwhile service.

Mulberry Cove Marina offers deals

The Mulberry Cove Marina is offering patrons a Turkey Deal. The deal is rent a boat for three days and pay for just two days use. This deal is good on payday weekends Nov. 1-3 and 15-17 and is offered for active duty only.

For more information, call 542-3260.

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR. This is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.

Jax Navy Flying Club offers classes

The Jax Navy Flying Club (JNFC) is offering Private Pilot Ground School classes Nov. 4 through Dec. 11 each Monday and Wednesday night from 6-9 p.m.
The course is \$250 and prepares students for the FAA private pilot-airplane written exam. All books and materials are provided and included in the cost of the course. Classes meet at the JNFC Training Facility located at Herlong Airport on Normandy Boulevard.
For more information, call 786-9293.

JAX TALES By MIKE JONES

WWW.RICKYSTOUR.COM - RICKYSTOUR@YAHOO.COM



Help Keep
Our Base Clean!

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 276-9415.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member.
Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rjjax@attbi.com or 241-6222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. For more information call John Leisman at 779-7375.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited, adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. For more information call 542-3051.

The **Coggin Automotive Group** is holding a benefit horse show to help "Toys for Tots" Saturday at 8 a.m. at the Clay County Fair Grounds. Toys can also be dropped off at any Coggin dealership through Dec. 1. For more information, call 522-0375.

The Jacksonville Semper Fidelis Society is holding a Marine Corps Birthday Ball Nov. 8 beginning at 6:30 p.m. at the San Jose Country Club. Retired Brig. Gen. Thomas Draude will be the guest speaker. The cost is \$45 per person/\$90 per couple. For more information call Sharon Leahy at 545-0635 or log on to www.jaxsemperfidelis.org.

The Decorative Artists of Jacksonville are a multi-county group of painters of all skill levels who work in various paint mediums. Come join in the fun and experience learning opportunities at our next seminar on Nov. 8, 9, and 10. Our next reg-

ular meeting is on Nov. 12 at 7 p.m. at the Riverside Christian Church, 2841 Riverside Avenue. For more information, call 274-0743 or 399-6602, or e-mail tzamoiski@ecs4kids.org.

The Jacksonville Barracudas will honor military personnel during their Nov. 9 game against the Macon Trax. The game begins at 7:30 a.m. at the Veteran's Memorial Coliseum. Discount tickets are available at I.T.T. for \$2 for military members. For more information, call 367-1423.

The **National Naval Officers Association** is holding their semi-annual membership drive and get-together on Nov. 15 from 4-11 p.m. at the River City Brewing Company. For more information, call Lt. Herlena Washington at 696-5005 or Maj. Vincent Williams at 696-5318.

The Jacksonville Semper Fidelis Society will hold their next monthly meeting on Nov. 20 at 11:30 a.m. at the Piccadilly Cafeteria near Regency Mall. For more information, call Sharon Leahy at 545-0635.

VS-30/VS-801 will hold their 50th Anniversary Celebration March 12-15 (in conjunction with Viking Week East) in Jacksonville. Contact: Lt. D.B. Waidelich at 542-8546 or email waidelichdb@vs30.navy.mil. Anyone searching for memorabilia and history should contact Cmdr. Ruth at ruthda@cscwl.navy.mil.

JAX SPORTS NEWS

Greybeard basket-ball meeting set

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. A meeting will be held Nov. 6 in the MWR Conference Room of Building 590 at 11:30 a.m.

The season scheduled to begin Nov. 26 with games played Tuesdays and Thursdays at 11 a.m. and noon. Interested personnel should attend the meeting to discuss rules and to get the required paperwork to join league.

Racquetball clinic coming up

The NAS Jax Athletic Department will hold a racquetball clinic conducted by Oscar Corseaut at the NAS Jax Gymnasium on Nov. 7 from 6-7 p.m. The clinic is free and open to all authorized gym patrons.

Turkey shoot racquetball tourney

This tournament will run Nov. 18-22 and is free and open to all NAS Jax authorized gym patrons over 18. There will be

recreational and competitive divisions for men and an open division for women. Matches start at 5 p.m. All winners receive turkeys. Sign up by Nov. 13.

Annual 5K Turkey Trot slated

The NAS Jax Athletics and Fitness Source will conduct the annual 5K Turkey Trot Nov. 20 at 11:30 a.m. The run is free and open to all authorized gym patrons.

T-shirts will be given to the first 50 authorized patrons to

call or sign up at the base gym or Fitness Source. The run will begin on Perimeter Road behind base housing off Mustin Road.

Navy Southeast Regional Running and Triathlon Team

Are you a runner and would you like to represent the Navy in 5K, 10K, marathons, and/or triathlons? The Navy will showcase elite active duty men and women in regional races. Uniforms are provided along

with transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top ten regional qualifying times.

If you have run in a sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Qualifying times:

5K	Men - 19:00
Women 24:00	
10K	Men - 34:00
Women 46:00	

Marathon	Men - 3
Hours 30 Min.	Women 4
Hours	
Triathlon	Men - 2
Hours 30 Min.	Women 3
Hours	
Triathlon time based on 1.5K swim, 10K run, 40K bike.	

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil.

SPORTS STANDINGS

Greybeard Softball Standings As of Oct. 25

Team	Wins
Losses	
VS-32	8
NAMTra	7
AIMD	6
VP-30	6
VP-45	4
CPRW-11	0

Intramural Softball Standings As of Oct. 25

Team	Wins
Losses	
2 VP-5	12
4 VP-45	8
5 AIMD	8
5 Air Ops	8
5 VP-30	8
10 NAMTra	7
HS-5	7
SERCC	5

Free tickets to deployed Sailor’s families

By CMDCM Mike Van Middlesworth
COMHSWINGLANT

The “Sailors Aweigh” program is preparing for the upcoming Jaguars season. The program gives free tickets, transportation, and a free T-shirt to the families of deployed Sailors.

Since chaperones will be provided, children ages seven to 17 can attend unaccompanied. Spouses that go along can volunteer to be chaperones, if they like.

Each chaperone will be assigned three to five children, which will provide for ample supervision. The children will be picked up

by a Navy bus and taken down to Alltel Stadium and expedited to a pre-assigned seating area.

The assigned seats are part of the Family Fun Zone at Alltel Stadium and provide a great environment for the “Sailors Aweigh” participants.

The “Sailors Aweigh” T-shirts provided to each participant must be worn throughout the game. After the game, the Navy bus will transport the children back to the base.

Prior to departure, each “Sailor Aweigh” participant is required to recite a pledge to “abstain from using drugs, alcohol, or tobacco.”

The program can also

accommodate military activities wishing to send a group to a game. But hurry, because it’s first come first serve, and there are only 50 tickets available per game.

“Sailors Aweigh” tickets are available for the following games:

Nov. 10 - Redskins * reduced number of tickets available

Dec. 8 - Browns

Dec. 22 - Titans

For information or to apply for any of the games listed, send an email to: vanmiddlesworthmh@chsw.l.navy.mil, or call 542-5273.

FFSC offers programs

The Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free of charge and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available in November:

Nov. 4-7, 7:30 a.m. – 4 p.m. – Transition Assistance Workshop (Separations)

Nov. 4, 1-3 p.m. – Budgeting for Christmas

Nov. 5, 9-11 a.m. – What about the Kids?

Nov. 5, 1-2 p.m. – Sponsor Training Workshop

Nov. 5, 1-5 p.m. – Assertive Communication Training

Nov. 6, 11 a.m. – noon – Thrift Savings Plan for Military

Nov. 12, 8 a.m. – 4 p.m. – Parenting Skills Workshop

Nov. 12, 1-5 p.m. – Assertive Communication Training

Nov. 13, 9:30 a.m. – noon – Time Mgmt.

Nov. 14, 8-11 a.m. – Anger Control

Nov. 18, 9 a.m. – noon – Florida Family Law Information Seminar

Nov. 18-21, 7:30 a.m. – 4 p.m. – Transition Assistance Workshop (Retirement)

Nov. 19, 8 a.m. – 4 p.m. – Stress Mgmt.

Nov. 21, 1:30-3 p.m. – Volunteer Service Council

Nov. 21, 6:30-9:30 p.m. – Ombudsman Assembly